Fort Campbell SFAC

Soldier and Family Assistance Center

Newsletter

(Dec 2008)

On November 7th we celebrated our one year anniversary, and now, shortly after that, we are publishing our first newsletter. It would be extremely difficult to try and consolidate a list of people that have had a hand in our success here at the SFAC, so to the Staff, Cadre, Chain of Command, Soldiers, Family Members, and everyone else, thank you.

We have multiple flyers displayed for all kinds of future events.

Please look over them while you are visiting.

We are always brainstorming for things to support the Warrior Transition Battalion. If you have an idea, please let us know.

There are still many questions on what exactly we offer here at the SFAC. Please give us a call or drop in, so that we can inform and educate you about our variety of services. If we cannot provide the services on site, we will find you a solution, or at least get you started in the right direction.

We always enjoy hearing about your experience while using the services at the SFAC. We have Customer Satisfaction Surveys at the front desk. Please feel free to fill one out during your next visit, or stop in and see us, regardless of the level of satisfaction. We take constructive criticism, just as well as we take great reviews. We have one job here, and that is to serve you, and to continue to serve

SSG Forbess received "The Presidential Volunteer Service Award" Presented by President Bush on Nov 25, 2008

CYS

By: Michell McGilver

The Staff of Child, Youth and School Services would like to share a thought when preparing for, or being in the midst of, the upcoming holiday season. It is very important that children keep to their routines, especially when children are tired. Mall melt downs and dinner tantrums may be avoided by keeping the "Spirit of the Child" in mind when out and about or children cannot communicate verbally, i.e., I'm tired or uncomfortable, they will attempt to convey their messages in other ways, such as crying or acting out. When keeping children to their normal routines for eating and napping/sleeping, you both are much more likely to enjoy the holiday experience. Planning ahead and being flexible are keys in a successful and enjoyable time with your child.

Education

By: Ivett Lillard

Prepare and start the New Year by taking some college classes. Check out the WTU class schedule staring on January 7th. The schedule is posted at your company or come and see Ivett to pick one up. Do you need textbooks? Before you spend money for books, check out the SFAC Textbook Library and see if you can sign one out.

CHAPLAIN'S SECTION

(SPIRITUAL SOULJOURNER JOURNAL)

By: Chaplain (COL) Mike Britton, SFAC Director

HUMAN ANGELS

- "Then an angel of the Lord appeared to him, When Zechariah saw him he was startled and was gripped with fear. But the angel said to him: "Do not be afraid .. . ."

Luke 1:11-13f

- In the holiday classic movie "It's a Wonderful Life," staring Jimmy Stewart (as George Bailey) and Donna Reed as his wife, God sends the angel Clarence to intervene and help "George Bailey" at a time when George is depressed. Clarence helps George to see how important his life has been, is now and will be in the future for himself and others. In the end of the movie, George comes to realize just how "wonderful" life is.
- During each of our life's journeys, there are those inevitable moments when someone comes into our life at precisely the right time and says or does exactly the right thing. Their words or actions may allow us to perceive ourselves more clearly, remind us that everything will turn out for the best, help us cope, or see us through difficult situations. These people are human angels - individuals designated by God to be of service to those in need at specific points in time. Often they come in to our lives when we least expect it and when we can most benefit from their presence.
- Most of these "human angels" are regular people, going about their daily lives until called upon to be in the right place at the right time to bring peace, hope, joy, healing or some form of assistance to someone when they most need it. It may be a neighbor, a school teacher, a First Sergeant, a barber, or the person who stopped momentarily to say hello in the Commissary. They may offer a kind word or smile, counsel or a basket of food, a car repair, a shoulder to lean on or a sympathizing ear to listen.
- God is watching out for all of us, and knows what we need and when we need it most. We have to live by faith and in rhythm of God's will and not our own. Sometimes God will send you or me to be an "angel" to someone else as well.
- CLOSING THOUGHTS: Make sure you and your loved ones watch the classic movie, "A Wonderful Life" this holiday season, it will do your heart and soul well! Stop by and let me know what you thought of the movie once you have viewed it.

Your Fello

Mike Brit

Chaplain

FINANCE

“Holiday Tips”

By: Mr. Dan Massa

1. Set a budget and stick to it!

2. Limit the guest list! Be practical when buying toys, ensure that they are safe, that they will last, and that unite the family. Focus this year on education and spiritual strength.

3. Shop around! Use the internet (save gas, and it is safer than road rage!)

4. Buy generic instead of name-brands sodas, chips, ice cream

5. Shop at a wholesaler, check the Thrift Shop/Back Door Boutique on post

6. For movies and electronic games, check the pawn shops, they usually have great deals

7. Cook your own food and use coupons when grocery shopping!

8. Party at home! Beneficial, convenient, and cheap. If you are consuming adult beverages, don’t drive!

9. Use an artificial tree! It saves money and it is reusable.

10. Homemade is wonderful: cards, wrappings, toys, (they are more meaningful)

Remember:

Lock your vehicle! You do not want to have an unexpected surprise. When deciding to go shopping, go with buddies, not alone! Dress for the weather and do not go shopping when you are hungry. Buying with cash has its privileges: when you run out of cash the shopping is over and there is no interest. However, when you are buying with credit cards: you add insurance to your purchases, all purchases are in one bill, and if you pay before the end of the cycle there is no interest. In addition, if you use a card with rewards that will provide additional benefits.

Start saving early and remember…. next year…Christmas is coming again!

SOCIAL SERVICES

For WT's and Their Family Members

Anger & Stress Management Workshop

How to Meditate and Guided Imagery Relaxation Techniques

The class combines a morning session for technique training and an afternoon of practical exercise guaranteed to leave you relaxed and calm. Self calming techniques, distraction techniques, meditation techniques, how to set up a space for meditation, use of guided imagery, "Stairway to Heaven" to create your personal mind sanctuary. Come dressed in loose comfortable clothing.

Class will be offered by request.
For more info or to sign up:
Sylvia Person
SFAC Social Services Coordinator- (270) 412-6023

EDITOR'S PAGE

By Terrence Jones

(Outreach Program Coordinator)

- On behalf of the SFAC Staff and agencies both on and off the installation that assist our Warrior's in Transition (WTs) and their Families, it is with great pleasure we launch our first Newsletter. Newsletters will be published each month and they will serve as the voice of the Warriors Transition Battalion (WTB), BACH, the installation's Fisher House and all agencies in support or our WTs and their Families. Our goal and intent for each publication is to provide informative and educational resources for our WTs and their Families during their healing and transitional period. The SFAC Staff takes great pride in providing quality customer service and ensuring WTs are well informed of resources each can take advantage of as they work towards a successful recovery and transition, either back into duty or into a productive civilian environment.
- As the editor, it is my hope to make each publication easy and inviting to read. Your ideas, comments and suggestions are earnestly welcome. Feel free to contact me and to join the team and add your touch and flavor to each newsletter. I can be reached at 270-412-6013 or email me at: terrence.jones1@us.army.mil
- Happy Holidays!

UPCOMING EVENTS

DECEMBER

Dec 11 - WTB (FRG) Holiday Celebration @ Cole Park Commons 1pm-8p
Dec 12 - SFAC Money Management Brief 2pm-4pm
Dec 19 - SFAC Money Management Brief 2pm-4pm
Dec 23 -SFAC Money Management Brief 2pm-4pm
Dec 25 – Christmas Day